

Name _____

Empathy: Understanding and Connecting with Others

Short Answer Key

1. Answers may vary but could include examples like supporting a friend through a tough time or resolving a conflict with a family member through understanding their feelings.
2. Perspective-taking means trying to understand someone else's point of view. It's important in empathy because it helps you see things from their perspective and connect with their emotions.
3. Judging or criticizing can make people feel misunderstood or defensive, hindering the empathetic connection.
4. Answers may include offering a comforting hug, saying kind words, or simply being there to listen and provide emotional support.
5. Empathy would lead to more understanding, kindness, and compassion, reducing conflicts and fostering better relationships.

